



Yoga Camp 2025

Activity Calendar

Week 2

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Week Of: June 9th– June 13th

Theme: Flow & Grow

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome ! <ul style="list-style-type: none"> • Morning Meditation • What is Yoga? • Yoga History • 8 Limbs of Yoga • Breathwork • Yoga Flow • Yoga Bingo 	<ul style="list-style-type: none"> • Morning Mediation • Yamas • Breathwork • Yoga Flow • Kindness Mediation • Partner Yoga 	PIZZA MONEY DUE! <ul style="list-style-type: none"> • Morning Mediation • Niyamas • Breathwork • Yoga Flow • Affirmation Cards • Gratitude Circle 	PIZZA DAY! <ul style="list-style-type: none"> • Morning Meditation • Asanas • Breathwork • SWIM 10:30AM–11:30AM • Yoga Flow • Yoga Memory Game 	COW CEREMONY! <ul style="list-style-type: none"> • Morning Mediation • Pranayana • Breathwork • Animal Yoga Flow • Bubble Thoughts • Yoga Dice Game
Special Things to Bring	Special Things to Bring	Special Things to Bring	Special Things to Bring	Special Things to Bring
<ul style="list-style-type: none"> • 1 Morning & 1 Afternoon Snack (NUT FREE) • Lunch (NUT FREE) • Water Bottle • Sunscreen 	<ul style="list-style-type: none"> • 1 Morning & 1 Afternoon Snack (NUT FREE) • Lunch (NUT FREE) • Water Bottle • Sunscreen 	<ul style="list-style-type: none"> • Pizza Money– \$2 per slice; please put in envelope with child's name & group • 1 Morning & 1 Afternoon Snack (NUT FREE) • Lunch (NUT FREE) • Water Bottle • Sunscreen 	<ul style="list-style-type: none"> • 1 Morning & 1 Afternoon Snack (NUT FREE) • Lunch (NUT FREE) • Water Bottle • Sunscreen • Bathing Suit, Towel & Change of Clothes 	<ul style="list-style-type: none"> • Dress Up as Your Favorite Animal! • 1 Morning & 1 Afternoon Snack (NUT FREE) • Lunch (NUT FREE) • Water Bottle • Sunscreen

****Please label all children's belongings with their first and last name****

Schedule & Activities are subject to change without notice